

2011-2012


**FEBRUARY SECONDARY BREAKFAST MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POP TARTS 100% JUICE LOWFAT MILK	VARIETY CEREAL YOGURT 100% JUICE LOWFAT MILK	PEANUT BUTTER & JELLY BAR 100% JUICE LOWFAT MILK	PILLSBURY MINI CINNIS 100% JUICE LOWFAT MILK	PILLSBURY BLUEBERRY WAFFLES 100% JUICE LOWFAT MILK

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**FEBRUARY SECONDARY LUNCH MENU**

***ITEM CONTAINS PORK***

30 CHICKEN PATTY ON BUN WARM SPICED APPLES SHREDDED LETTUCE SALAD SEASONAL FRESH FRUIT	31 <b><i>STUFFED CRUST PEPPERONI PIZZA</i></b> CARROT RELISH SEASONAL FRESH FRUIT PEANUT BUTTER COOKIE	1 FAJITA CHICKEN BOWL W/RICE SHREDDED LETTUCE SALAD SEASONAL FRESH FRUIT SALSA/SOUR CREAM	2 ROTINI W/MEATSAUCE GREEN BEANS TOSSED SALAD GARLIC BREADSTICK 100% FRUIT ICE	3 NACHO SUPREME BAKED TOSTITOS CORN SEASONAL FRESH FRUIT
6 CHICKEN NUGGETS SWEET POTATOES CORN MUFFIN/MARGARINE SEASONAL FRESH FRUIT BBQ SAUCE	7 <b><i>FRENCH BREAD PEPPERONI PIZZA</i></b> RELISH PLATE SEASONAL FRESH FRUIT HOLLYWOOD SQUARE	8 GENERAL TSO CHICKEN RICE CALIFORNIA MIXED VEGS SEASONAL FRESH FRUIT	9 SALISBURY STEAK W/GRAVY MASHED POTATOES BREAD/MARGARINE 100% FRUIT ICE	10 <b><i>PEPPERONI &amp; CHEESE BREADSTICKS</i></b> ITALIAN SAUCE TOSSED SALAD SEASONAL FRESH FRUIT
13 POPCORN CHICKEN BOWL CORN BREAD/MARGARINE SEASONAL FRESH FRUIT	14 <b><i>FRENCH BREAD PEPPERONI PIZZA</i></b> CUCUMBER RELISH SEASONAL FRESH FRUIT PEANUT BUTTER COOKIE	15 GENERAL TSO CHICKEN RICE STEAMED BROCCOLI SEASONAL FRESH FRUIT	16 CHEESEBURGER ON BUN POTATO TRIANGLES PICKLE/PEPPER RELISH 100% FRUIT ICE	17 <b>NO SCHOOL!</b> <b>PARENT-TEACHER CONFERENCES</b>
20 <b>NO SCHOOL!</b> <b>PRESIDENTS' DAY</b> 	21 <b><i>FRENCH BREAD PEPPERONI PIZZA</i></b> CELERY W/PEANUT BUTTER SEASONAL FRESH FRUIT CHOCOLATE CHIP COOKIE	22 SPICY CHICKEN WRAP W/CHEESE RANCH DRESSING SHREDDED LETTUCE SALAD SEASONAL FRESH FRUIT	23 SOFT BEEF TACO W/CHEESE RICE SHREDDED LETTUCE SALAD 100% FRUIT ICE SALSA/SOUR CREAM	24 TOASTED CHEESE SANDWICH TOMATO SOUP PICKLE/PEPPER RELISH SEASONAL FRESH FRUIT

ALTERNATIVE DAILY ENTREE MAY INCLUDE, WHEN AVAILABLE: HAMBURGER ON BUN AND/OR CHEF SALAD. DAILY MEAL INCLUDES CHOICE OF ASSORTED FRUIT AND ASSORTED MILK.

MENU SUBJECT TO CHANGE WITHOUT NOTICE

**EAT RIGHT - Tips for Families**

1. Make half your grains whole. Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
2. Vary your veggies. Go dark green and orange with your vegetables - eat spinach, broccoli, carrots, and sweet potatoes.
3. Focus on fruits. Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
4. Get your calcium-rich foods. To build strong bones serve lowfat and fat-free milk and other milk products several times a day.
5. Go lean with protein. Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
6. Change your oil. We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
7. Don't sugarcoat it. Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

